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TITLE: OPTICAL INFORMATION RECORDING AND REPRODUCING  
DEVICE  
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INVENTOR-INFORMATION:

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ABSTRACT:

PROBLEM TO BE SOLVED: To minimize degradation in recording media and also obtain a more correct optimum recording power by lessening the quantity of trial writings with respect to a data area in which the writing of data is to be actually performed which is on an information recording medium.

SOLUTION: The CPU 10 of this optical information recording and reproducing device moves a PU unit 15 to the PCA area of an optical disk 2 and performs trial writings of test signals of plural steps with respect to the PCA area and reproduces respective test signals recorded on the PCA area. Then, the CPU 10 finds the reference value of the optimum recording power, based on the states of reproduced respective test signals, and moves the PU unit 15 to the data

write-in position of the data area of the disk 2 and performs recordings of test signals of plural steps around the reference value to the data area. Then, it reproduces respective test signals recorded in the data area and finds the optimum recording power, based on the states of the respective test signals.

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